Bring your brown bag lunch for a healthy cooking demonstration and prizes!

February's Brown Bag Lunch Theme: Healthy Desserts!

Date: Thursday February 12th, 2015

Time: 12:00 noon

Where: Recovery Café (next to the TANF trailer)

Who? Everyone is Welcome!

Serving healthy food samples and prizes!!!

Are you interested in healthy eating, preventing or treating diabetes, or just feeling great? Our brown bag lunch series focuses on healthy recipes and nutrition ideas for a healthier you!

Questions about this event? Please call the Nisqually Health Department 459-5312 and ask for Marcy Ford or Bernita LaCroix